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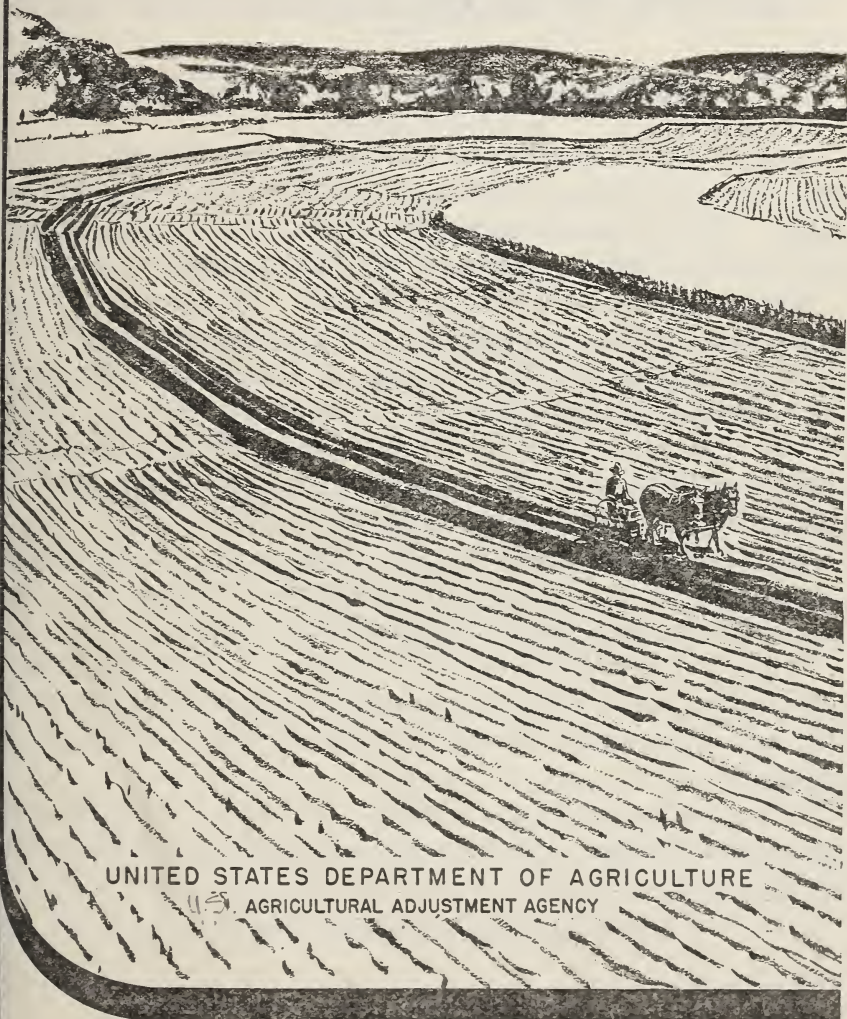


# STRENGTH IS IN THE LAND

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U. S. Department of Agriculture



UNITED STATES DEPARTMENT OF AGRICULTURE

U.S. AGRICULTURAL ADJUSTMENT AGENCY



## LIFE IS ROOTED IN THE LAND

Plants depend on soil and moisture for the food by which they live and grow. Men and animals get food from the land. On the farm, in crowded cities, men depend on the land for the food they eat and the clothing they wear.

Man's strength comes from the land. Buying the bounty of the land over store counters, it is easy for city people to take the good earth for granted. Yet thousands of years were needed to make the thin layer of topsoil from which plants and people get their food. A few hours of severe flood or a brief span of bad farming can rob the ground of this fertile soil which is so essential to life.

Great nations have their roots in the earth. Land waste weakens nations. Erosion acts quietly but can spread ruin as terrible as that brought by invading armies.

While our boys fight on many shores to defend the cause of freedom, we at home must see to it that we do not waste the soil resources, which are the basis of American strength.

Conservation practices defend the land and keep the soil fertile to grow rich harvests—strength-giving harvests of good food.





## NOURISHING FOOD IS IMPORTANT TO EVERYBODY

During the formative years of youth it's particularly important to have an abundance of good food. Here's what the Surgeon General of the United States says about it:

"Among babies and young children many deaths attributed to pneumonia, measles, whooping cough, and other causes probably are due to lowered resistance resulting from malnutrition.

"Teachers comment almost uniformly upon the noticeable improvement in physical vigor and mental alertness following a mid-morning meal or a well-balanced school lunch. In our educational system we are wasting much money trying to teach children with half-starved bodies and minds."

Good food is important to everybody of every age. Good food keeps people mentally alert and physically fit for a longer span of years. Lack of it makes people old before their time.

Good food is not possible without good soil. The Soil Conservation Service and the Agricultural Adjustment Agency help farmers keep the soil productive.



## PLANTS NEED MINERALS

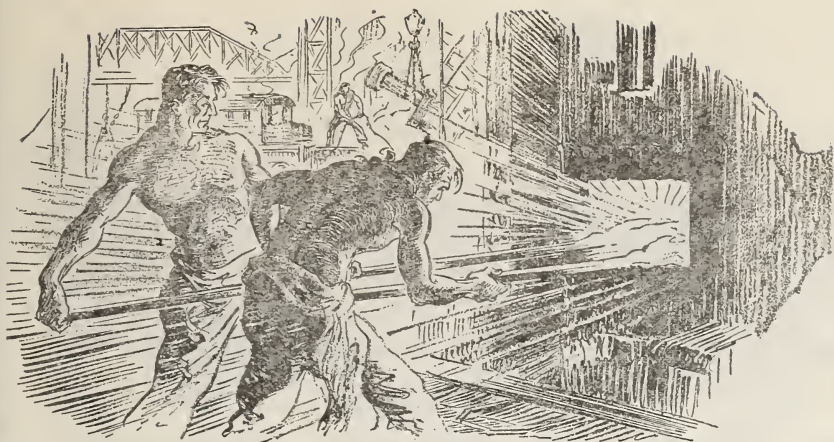
To maintain plant life, soils must contain organic material and certain minerals such as calcium and phosphate. Lack of mineral food starves plants. Poor crops and poor homes are typical of mineral-poor soil. The only soil in which minerals can be fully utilized is topsoil, where organic matter and humus from decayed plants are found. On some subsoils only meager plant life will exist even if mineral plant food is applied. The soil conservation practices of the national farm programs help to hold topsoil and to keep precious minerals in the land.



## ANIMALS NEED MINERALS

Stock pastured on good soil are bigger and healthier than stock on poor pasture. In areas where phosphate and lime are applied, the stock know the difference and graze pastures that have been improved in preference to untreated plots. On range land, cattle thrive best under good range management, which avoids overstocking.





## MINERALS GIVE PEOPLE STRENGTH

Minerals help make us strong enough to do the jobs that need to be done for Victory. For essential minerals people depend on the food they eat—on plants and animals which get their calcium and phosphorus and other body-building minerals from the soil.



## MINERALS CAN BE RESTORED TO THE SOIL

Conservation practices which restore minerals to the soil help provide plenty of mineral-rich foods for Americans. Under the national farm programs farmers are using record amounts of lime and phosphate—are planting more legumes, which restore nitrogen to the soil.



## VITAMINS ARE ESSENTIAL TO HEALTH

Many diseases are caused by vitamin shortages in the diet. Pellagra, scurvy, and rickets are starvation diseases. Some cases of heart trouble and arthritis may be caused by vitamin shortage.



## VITAMIN A IS IMPORTANT TO EYESIGHT

A shortage of vitamin A in the diet weakens eyesight and increases night blindness. To make their eyes stronger for night flying, British aviators are fed vitamin-A-rich diets. Many American boys are being turned down by the Army because of poor eyesight—many of them doubtless because they didn't have enough vitamin A in their food.





## BETTER SOIL MEANS MORE VITAMINS FOR AMERICAN DIETS

Five times as much vitamin A was found in milk from cows fed on a good grade of alfalfa hay as was contained in the milk of cows fed on a poor grade of timothy hay. Often worn-out land won't grow alfalfa until it's been built up with lime and phosphate. Soil Conservation Service and Agricultural Adjustment Agency practices help farmers build up their pastures so they can feed more cows and get more and better milk. That's just one way conservation practices put more vitamins into American diets.

Good soil makes more and better food. Nourishing qualities of food vary with the fertility of the soil from which it comes. This means that the farmer's problem of keeping the soil fertile to produce abundant crops of food rich in minerals and vitamins is not only a farm problem but a national health problem.

America needs strong citizens for the war and after the war.



## WASTED LAND MEANS WASTED LIVES

Erosion wastes land—carries away soluble minerals and organic matter it took centuries to make. When the land suffers, people who live on the land suffer. Barren land gives a poor harvest, poor in the elements essential to health and well-being.

Good farming maintains the good earth and keeps it producing from year to year. Under the national farm programs more than 6 million farmers are working together to keep American farms producing.

Though it is not generally realized, the acreage of really good land in the United States is definitely limited. The only way we can achieve the production that is needed for this war is to follow a conservation system of farming. That means, in many cases, carrying out not one but a combination of practices on each acre of land on the farm. It also means neighbors going across farm boundaries and fence rows to do the conservation job that each watershed demands. Holding fertility and moisture in the soil and keeping the soil in the fields—on the land—are essentials of greater food production.